

# Center for Applied Research on Aging and Health

## Coping TIPS for Caregivers

- Educate yourself about the disease your family member is facing and how it may affect his or her behavior, pain level or quality of life.
- Find sources of help for caregiver tasks. Contact family, friends, neighbors, church/synagogue, workplace, Area Agency on Aging or other organizations.
- Protect your personal time for something you enjoy or something you need to get done.
- Find time for exercise, eating well and sleeping enough. This will help you to be better able to provide care.

## Key Resources

### Alzheimer's Disease Education and Referral (ADEAR)

1-800-438-4380

[www.niapublications.org/adear/](http://www.niapublications.org/adear/)

### Alzheimer's Association

1-800-272-3900 (helpline)

[www.alz-delawarevalley.org/](http://www.alz-delawarevalley.org/)

### *The 36-Hour Day: A Family Guide to Caring for Persons with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life*

Authors: Nancy L. Mace, MA and Peter V. Rabins, MD, MPH

on and similar papers at [core.ac.uk](http://core.ac.uk)

- Be in touch with your own feelings of sadness (crying more or sleeping more or less than usual, increased or decreased appetite or lack of interest in usual activities). These may be symptoms of depression. Talk to your doctor if you experience these symptoms.
- Consider how you feel and what you will do after caregiving ends.

## Contact Us

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Sharing our Activities in Research, Education & Clinical Innovation to Advance Healthy Aging